

The person behind the veteran

Free counselling sessions for anyone supporting a veteran

Life after military service can be tough, both for veterans and the people who support them.

Challenges such as emotional strain, social isolation, financial pressures and relationship difficulties can impact the wellbeing of supporters, especially when the veteran is also living with a mental health condition like PTSD or a physical injury.

Thanks to funding from the Veterans' Foundation, we can provide **free counselling sessions** to those supporting a veteran, this could be their partner, spouse, parent, young people (11+ aged) and carer in Colchester, Tendring, Braintree, Maldon and Chelmsford.

To access free counselling scan the QR code, call **01206 764600** or email enquiries@mnessexmind.org

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VETERANS' FOUNDATION



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